

Among Friends



Fond du Lac Senior Center ... *where friends meet!* **SEPTEMBER 2015**

Proudly serving the seniors in the Fond du Lac community for almost 50 years!

National Senior Center Month

*Celebrate **LIFE** at Your Senior Center!*



Learning

Expand your knowledge

Independence

Live on your terms

Friends

Enjoy life

Energy

Discover health and vitality



We're showcasing our Center during the month of September with lots of special programs, events and activities. Bring a friend and try something new! See page 6 for special events and activities.

2015



A Free Monthly Publication
Vol. 6 • No. 9

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

Friends bylaws available at the Center.

Visit us online at www.fdlseiorcenter.com

Facebook.com/FondDuLacSeniorCenter

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Hi All~

What a great month here at the Center! September is National Senior Center month and we are going to take advantage of that designation to celebrate. The National Institute of Senior Centers has announced that this year's theme is "Celebrate **LIFE** at Your Senior Center!" Learning, Independence, Friends and Energy are the words they have picked for the acronym **LIFE**. These are some of the things that I witness here each day.



Just taking a look at the front of this newsletter shows me that we are already celebrating **LIFE**! One of my favorite things to do each day is to take a walk through the Center and just listen to the fun and Energy that everyone brings into the building. I see people Learning a wide variety of things, I see Friends – existing friendships that continue within our Center, and new friendships that start, and I see Independence – our participants enhancing their quality of life by being engaged in a wide variety of activities each week.

We are definitely celebrating **LIFE** at our Center. As John W. Gardner said, "Life is the art of drawing without an eraser." Add to your drawing and join us as we celebrate!



Support the Senior Center by buying Kwik Trip Cards and Dine Out Coupon Books

\$25 Kwik Trip Cards can be used for gas and in-store purchases. The Senior Center makes a minimum of \$1.25 on every card sold—more if you purchase items inside Kwik Trip!

Dine Out Coupon Books are only \$6 and contain 49 coupons from many area restaurants.

See one of our friendly volunteer receptionists to purchase Kwik Trip Cards and Dine Out Coupon Books.

OUR FRIENDS ARE THE BEST!

THANK YOU to everyone who volunteered or shopped at our rummage sale. Together we raised more than \$500 for the Fond du Lac Area United Way which supports our Outreach Program.



Also, a BIG THANKS to everyone who braved the heat and maybe even got a little sunburned at our brat fry at the Butcher's Block. As always, the brats and burgers were cooked to perfection! More than \$300 was raised for the Friends of the Senior Center.

THANK YOU

to everyone who purchased raffle tickets!

At the time of publication, we raised more than \$10,400 for the Senior Center.
See the October newsletter for a list of winners!

**Friends
RAFFLE**

Newsletter Crew

Editor..... Cathy Loomans
Coordinator.....Joan Brezinsky
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the October *Among Friends* newsletter is Friday, September 4, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.



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Programs & Activities



SHOW YOUR TEAM SPIRIT!

Wear your green and gold on game days or the Fridays before games.

2015-16 Game Schedule:

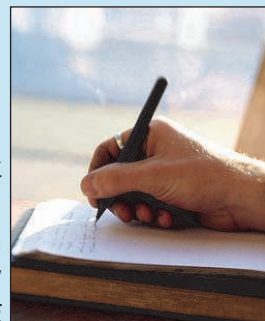
Thursday, September 3—New Orleans Saints
 Sunday, September 13 at Chicago Bears
 Sunday, September 20—Seattle Seahawks
 Monday, September 28—Kansas City Chiefs
 Sunday, October 4 at San Francisco 49ers
 Sunday, October 11—St. Louis Rams
 Sunday, October 18—San Diego Chargers
 Sunday, October 25—Bye
 Sunday, November 1 at Denver Broncos
 Sunday, November 8 at Carolina Panthers
 Sunday, November 15—Detroit Lions
 Sunday, November 22 at Minnesota Vikings
 Thursday, November 26—Chicago Bears
 Thursday, December 3 at Detroit Lions
 Sunday, December 13—Dallas Cowboys
 Sunday, December 20 at Oakland Raiders
 Sunday, December 27 at Arizona Cardinals
 Sunday, January 3—Minnesota Vikings

The Writing Group

Fridays at 1:00 p.m.
 September thru May

The Writing Group's first meeting of the Fall 2015 season will be Friday, September 11. Members write a few paragraphs each week relating their personal memories and experiences of times past or current. There are no critiques, just a sharing of thoughts and feelings on paper.

New members are always welcome. Members take turns bringing a dessert for refreshments following the meeting.



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SoulCollage®

Where Images, Imagination and Intuition Meet

*Two sessions to choose from:
 Fridays, Sept. 11, 18, 25, Oct. 2
 or Oct. 16, 23, 30, Nov. 6
 2:00-4:00 p.m.*

SoulCollage is a fun, simple and powerful collage process to make a personal deck of collaged cards. If you can cut and paste you can do this! No artistic talent is needed! Select from a wide variety of images, create a small collage or two, and then learn how to access the wisdom that is waiting to be tapped through your creation. You will have a fun, creative tool for inner exploration and growth.

Carol Waranius, has been a certified SoulCollage facilitator since 2012. She is a retired career counselor/college professor and is currently a mixed-media artist.

Materials Fee: \$10 to be paid to instructor on the first day of class. Please bring your own scissors and glue stick(s). Acid free glue is recommended.

Class fee: \$27

Call 322-3630 to register.

Deadline for first session is Friday, September 4.
 Deadline for second session is Friday, October 9.

For more information visit www.soulcollage.com

Group Discussion with Andrea "DEPRESSION"

Tuesday, September 22
 3:15 p.m.

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services. Our topic will be **Depression**. We'll discuss what depression is, the symptoms of it, how it can be treated, and how people can cope with it.



For more information or to register for this group discussion, call 322-3630.



First Friday of every month
Friday, September 4
Friday, October 2
8:00—9:00 a.m.

Join your friends at the Senior Center the first Friday of every month from 8-9 a.m. for coffee, donuts and good conversation.

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



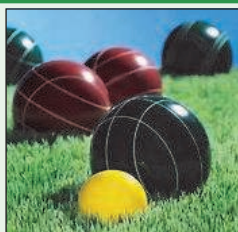
September 1	Roepke's Village Inn
September 8	Paddy's
September 15	Parnell's
September 22	Sunset on the Waters
September 29	Mancino's Downtown

**A GREAT OPPORTUNITY TO SOCIALIZE
 & MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

OUTDOOR GAMES

We will be playing Bocce Ball, Corn Hole, and Washer Box on the grounds of the Senior Center! Form a team or play one-on-one.



Come play anytime 9 a.m.—4 p.m. on days the Center is open and the weather cooperates. Call the front desk at 322-3630 to reserve the game equipment. Don't know how to play the games? Give us a call and we'll set up a time to teach you.



FOOD DEMONSTRATION and CHAIR FITNESS CLASS

presented by
Lutheran Homes & Health Services

Single Serving EZ Meal Prep
Friday, September 18; 11:00—noon

Presented by Amy Ewerdt RD, CD

Join Amy for a food demonstration including a healthy spin on making several meals utilizing one main entrée. Call 322-3630 by Friday, September 11 to register.

Head to Toe Chair Fitness

Friday, September 25; 10:00—11:00 a.m.

Presented by Mary Jo Neumann MS

Mary Jo will lead a 20 minute chair fitness class. Learn proper exercise technique for all levels of fitness. Following the exercise class there will be a discussion focusing on proper nutrition and hydration before, during and after exercise. Call 322-3630 by Friday, September 18 to register.



Come learn about

Cold Laser Therapy

Thursday, September 10th at 1:00 p.m.

Dr. Vickie Goldapske with Dynamic Chiropractic

Cold Laser Therapy is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process. It can be used on patients who suffer from a variety of acute and chronic conditions in order to help eliminate pain, swelling, reduce spasms and increase functionality.

Some of the conditions that may typically be treated by cold laser therapy include:

- | | |
|--------------------------|---------------------|
| * Arthritis pain | * Back pain |
| * Carpal tunnel syndrome | * Fibromyalgia pain |
| * Knee pain | * Neck pain |
| * Tendonitis | * Plantar fasciitis |

Learn more about Cold Laser Therapy at this presentation. To register, call Center at 322-3630.

Programs & Activities



September is

National Senior Center Month

We're celebrating all month long with lots of free activities and events. All events are open to the public so bring a friend and try something new!

OPEN HOUSE

Friday, September 18; 4:00-8:00 p.m.

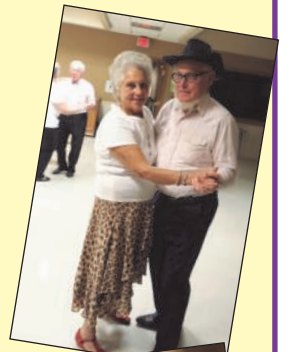
Stop in during the Open House for:

- Informational booths highlighting the wide variety of activities and clubs at the Center
- Center Tours
- Refreshments
- Live Music from 5:30—6:30 p.m.
- The Center will also be a stop on the “Tour the Town Art Walk” from 5:00-8:00 p.m. We'll be showcasing a wide variety of art created by our talented members.



In addition to the open house, the following events will be taking place. Stop in and try something new!

- Wednesday Night Dance, September 16, 7:30—9:30 p.m. featuring music by Ralph Leisten and Wayne and Tyrone from the Senior Center's SCAMP band.
- Movie Night, Monday, September 14; 6:30 p.m. Join us for a showing of “The Fault in Our Stars”. Popcorn and soda will be available to purchase.



This is a great opportunity to introduce a friend to everything the Center offers!



Artist of the Month

September: Donna Kolterman

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

Come Play

Euchre

Every Monday afternoon
1:00—3:00 p.m.



New group formed. Come join the fun!



SCRAPBOOK CROPS

Saturday, October 31; 9 a.m.—9 p.m.

To register, contact Kim Wagner at 920-517-1108.

Saturday, December 5; 9 a.m.—9 p.m.

To register, contact Colette Jaeger at 920-602-2486.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

Red Hat Honey's Anniversary Party

Thursday, September 17

1:00—2:30 p.m. at the Senior Center

(also general meeting to follow-up on
the April 29 meeting)

Anniversary cake and drinks will be served.

Please sign up at the front desk where additional
information is available.

BAMBOOZABLE

Try to figure out the well-known saying, person, place
or thing that each Bamboozable is meant to represent.

3. BLAME 4. BLAME	I right I	jack
PAYMENT	over over	B E D

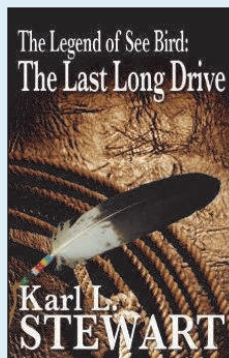
Answers: 1. No one to blame, 2. Right between the
eyes, 3. Jack in the box, 4. Down payment, 5. Leftovers,
6. Bedspread

Meet author KARL STEWART

Author of "*The Last Long Drive*"
and "*Devil's Backbone*"

Thursday, October 15; 1:30 p.m.

Karl was raised in the hills and forests of West
Virginia and now lives in Wisconsin. Join him as he
discusses two of his novels which
are fictionalized stories of his
great-grandfather, See Bird.



His first book, "*The Legend of See Bird, The Last Long Drive*," is a
Western novel about a young
Choctaw-turned cowboy who
works the last cattle drive from
Texas up the Chisholm Trail
before the railroads made
such trail drives obsolete in 1885.

"*The Legend of See Bird, Devil's
Backbone*," picks up where the first
novel ends, with See Bird drifting
east to West Virginia and becoming
a friend of "Devil Anse" Hatfield, the
patriarch of the Hatfield clan in
West Virginia (where Karl grew up)
and becomes embroiled in the
infamous feud between the
Hatfields and McCoys.



Karl wearing a pair
of chaps made by
See Bird.

To register for this presentation,
call the Center at 322-3630 by
Thursday, October 8.

Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2

cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): TBA

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare Home-Care

3rd Tuesday (even months): Lake View Place

BOOK CLUB

3rd Monday at 9:30 a.m.

Sept. 21 *Save Me* by Lisa Scotoline

Oct. 19 *The All Girl Filling Station's Last Reunion* by Fannie Flagg

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays at 12:15 p.m.

CHORUS

Red Hat Honeys

COIN CLUB

2nd Tuesday at 6:00 p.m.

EUCHRE

Mondays at 1:00 p.m.

DANCES

\$4.00 fee

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB

Mondays at 1:00 p.m. *(Starting Sept. 14)*

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

4th Thursday at 10 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays

9-Ball Weds.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, September 3 at Faros
Call the Center to pre-register!

SCAMP

(Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Saturday, September 19
Benvenuto's

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:30 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

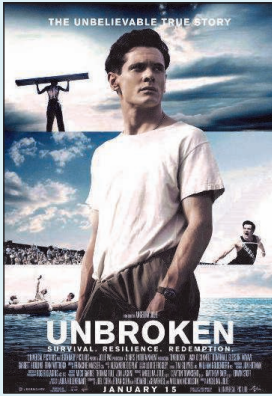
WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!



"Unbroken"

Two showings: Wednesday, September 9 and Thursday, September 24
11:45 a.m. Lunch (optional); 12:30 p.m. Movie

September 9 Menu: Beef stroganoff casserole, tossed salad, cantaloupe slice, fudge brownie, sliced bread

September 24 Menu: Chicken broccoli and rice casserole, green beans, pineapple tidbits, cinnamon roll, dinner roll

2014 movie; Biography/Drama/Sport; 2 hr 17 mins; PG-13; Starring: Jack O'Connell, Domhnall Gleeson, Garrett Hedlund, Takamasa Ishihara, and Finn Wittrock

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp. This is an unbelievable and inspiring true story about the resilient power of the human spirit.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

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DANCES

\$4.00 fee

Wednesday evenings

7:30–9:30 p.m.

Come join us for live music, dancing and fun every Wednesday night from 7:30—9:30 p.m.



For more information, contact MaryAnn at 960-5850.

September Bike Ride

Join us on Tuesday, September 8 at 10 a.m. at the DeNeveu Shelter in Lakeside Park to ride on a trail to Taycheedah and Sandy Beach. This ride is about 8-10 miles long. Bring money for lunch at Schmitt's. Call 322-3630 to register. A 50¢ donation is requested. For cancellations on ride day call Caroline at 922-3561 before 9 a.m. Rain Date: Tuesday, September 15.



Chair Exercise Classes

LOW IMPACT CHAIR EXERCISE

Mondays 9:00 – 9:30 a.m.

Sponsored by All About Life Rehabilitation Center
Men and Women Welcome!

CHAIR EXERCISE VIDEO

Wednesdays 9:45 —10:15 a.m.

Sponsored by Lutheran Homes and Health Services

OTHER EXERCISE

Hikers

Tuesday & Thursday, 9 a.m.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

Beginning Line Dancing

Thursdays 8:30—10 a.m.

\$7.50/ 3 weeks

Water Exercise Daily 8 a.m.

at the Aquatic Center, \$3.75 per session



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Agnesian

Friday, September 11; 9—10 a.m. 2nd Friday of the month
No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, September 11; 9—10 a.m. 2nd Friday of the month
No appointment needed. 12-hour fast required. Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, November 10; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; **Cost: \$25**

Thursday, September 10, 17, 24

Call 322-3630 for an appointment.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, October 9; from 8:30—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings
Call 322-3630 for appointment. Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, September 22; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, November 10; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, September 24; 6:30—8:00 p.m. (4th Thursday)

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUPS

Tuesday, September 15; 4:00—5:00 p.m. (3rd Tuesday)

Aurora Health Care Center, 210 American Drive ~ American Room

GLUTEN FREE SUPPORT GROUP

Tuesday, September 15; 6:30 —7:30 p.m.

Fond du Lac Senior Center, 151 E. First Street

PARKINSON'S SUPPORT GROUP

Monday, September 14; 10:00—11:00 a.m. (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, September 8; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

DEPRESSION

Tuesday, September 22; 3:15—4:15p.m.

Come and join this month's discussion group facilitated by Andrea Mitchell, Older Adult Counselor with Lutheran Social Services.



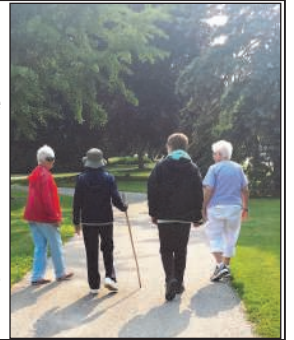
Our topic will be **Depression**. We'll discuss what depression is, the symptoms of it, how it can be treated, and how people can cope with it.

For more information or to register for this group discussion, please call 322-3630. Walk-ins are welcome.

HIKERS

Join our hikers on Tuesday and Thursday mornings at 9:00. We also often eat out after a hike. Please join us!

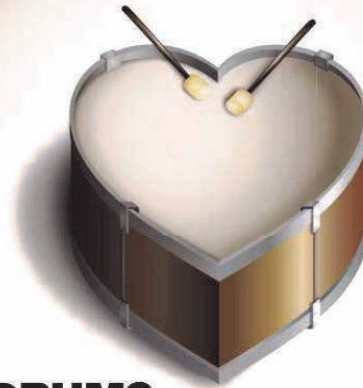
For more information and hiking locations, call Ruth at 921-7192 or JoAnn at 922-2068.



September is National A-FIB Month

Learn more at MyAfib.org

A-FIB FEELS LIKE...



**...DRUMS
POUNDING
IN MY CHEST.**

AND IT INCREASES STROKE RISK BY 500%

BACK PAIN Causes, Treatment Options and Prevention Thursday, September 3 10:00—11:00 a.m.



Tiffany Fisher, Doctor of Physical Therapy
Aurora Medical Center Fond du Lac



Do you experience back pain? Come learn common causes, treatment options and ways to prevent this common diagnosis.

Call 322-3630 to register.

Senior Outreach Program

Reaching Out – Touching Lives

Community Cares

Volunteers will visit **Lincoln House, 342 Forest Avenue, Tuesday, September 22 from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



Senior Outreach Program

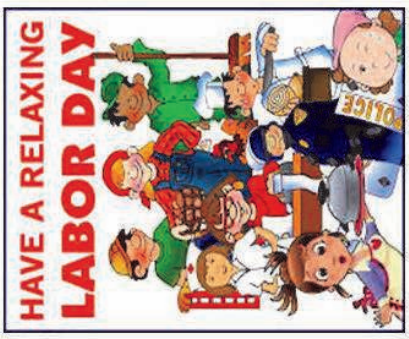
Outreach Volunteers will meet on **Thursday, September 3, at 9 a.m.** to provide each other support, address any concerns and share success stories. At **10:00 a.m.** you are invited to join **Tiffany Fisher, Doctor of Physical Therapy with Aurora Medical Center Fond du Lac for a presentation on Back Pain: Causes, Treatment Options and Prevention.**

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

National Senior Center Month

September

Monday	Tuesday	Wednesday	Thursday	Friday
OFFSITE SUPPORT GROUPS 9/8 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant 9/14 10:00 Parkinson's Support Group-Aurora Health Care 9/15 4:00 Diabetic Support Group at Aurora Health Care Center ** All Orange Events are held Offsite Outdoor Game Equipment available to reserve and play at the Center.	1 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 AARP Board Meeting 9:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 7:00 Scamp Band Jam Session 7:00 Senior Dining-Roepeke's	2 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 10:00 Computer Lab Closed Until Noon 12:00 Hand & Foot 1:00 Summer Social at Lakeside Park 1:15 Sheephead 12:00 Canasta 7:30 Wed Night Dance	3 9:00 Senior Outreach 9:00 Hand Chimes 9:00 Hiking 10:00 Back Pain presentation 10:00 Scrapbooking 10:00 Beginning Bridge 10:30 Yoga 12:00 ROMEO's-Faros 12:30 Bridge 1:00 Flying Geese Quilters 2:00 Happy Travelers Preview Albuquerque Balloon Fiesta 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club	4 8:00 Coffee & Conversation 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheephead 5 Saturday 10:00 Beg. Country Line Dance 6 Sunday
7 Center Closed 	8 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 Hiking 10:00 Singing 10:00 Bike Ride-Lakeside Park to Sandy Beach (Meet at DeNeveu Shelter at Lakeside Park) 12:30 Bridge 1:00 Bingo Sponsored by Azura Memory Care 1:00 Stitchery Group 6:00 Winnebago Woodworkers 6:00 Coin Club 7:00 Senior Dining-Paddy's in Eden	9 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Computer Basics 2 9:45 Video Chair Exercise 10:00 Look Good, Feel Better 12:30 Movie-"Unbroken" 12:00 Hand & Foot 1:15 Sheephead 7:30 Wed Night Dance Happy Travelers Trip-Departs for Door County (Returns 9/11)	10 9:00 Foot Care 9:00 Hand Chimes 9:00 Senior Outreach Advisory Mtg 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 10:30 Yoga 12:30 Bridge 1:00 Speaker-Vickie Godaspeske Topic-Cold Laser Therapy 1:00 MPTC Basic Excel 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers	11 9:00 Health Screenings 10:00 Red Hat Chorus 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheephead 2:00 Soul Collage Class Packer Day-Wear your Green & Gold 12 Saturday 10:00 Beg. Country Line Dance 13 Sunday 6:00 Model Railroad
14 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 Computer Basics 2	15 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 Hiking 10:00 Acrylic & Oil Painting Class	16 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Computer Basics 2 9:45 Video Chair Exercise	17 9:00 Hand Chimes 9:00 Foot Care 9:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge	18 8:30 SCAC 10:00 Red Hat Chorus 11:00 Amy Everdt - RD meal prep 12:30 Wii Bowling

1:00 German Club 1:00 Poker 1:00 Euchre 1:15 Sheephead 4:00 TOPS #1159 6:30 FDL Area Writers Club 6:30 Movie Night "The Fault in our Stars"	10:00 Singing 10:00 Massage 12:30 Bridge 1:00 Bingo Sponsored by ResCare HomeCare 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Gluten Free Support Group 7:00 Senior Dining-Parnell's -Oshkosh	12:00 Hand & Foot 12:00 Canasta 1:15 Sheephead 7:30 Wed Night Dance	10:30 Yoga 12:30 Bridge 1:00 AARP 1:00 Happy Travelers Holland & Belgium River Cruise Preview 1:00 MPTC Basic Excel 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook	1:00 Writers Group 1:15 Sheephead 2:00 Soul Collage Class 4:00 Open House/Art Walk Packer Day-Wear your Green & Gold 19 Saturday 10:00 Beg. Country Line Dance 5:00 Supper Club at Benvenuto's 5:00 Social, 5:30 Dinner 20 Sunday
21 8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 MPTC Computer Basics 3 9:30 Book Club 1:00 German Club 1:00 Poker 1:00 Euchre 1:15 Sheephead 4:00 TOPS #1159 Happy Travelers Trip-Departs for Pacific Northwest & California (Returns 9/28)	8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 MPTC Pinterest Interests 9:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 Massage 12:30 Bridge 1:00 Bingo 1:00 Advantage 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 2:00 Community Cares at Lincoln House 3:00 Mixed Media Art Class 3:15 Group Discussion—"Depression" 6:00 Winnebago Woodworkers at Horace Mann High School 7:00 Senior Dining-Sunset	8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Apple iPad Basics 9:00 MPTC Computer Basics 3 9:45 Video Chair Exercise 12:00 Hand & Foot 1:15 Sheephead 1:00 Umbrella Brigade 2:30 Performance at Woodlands 7:30 Wed Night Dance	24 9:00 Foot Care 9:00 Hand Chimes 9:00 Hiking 10:00 Journaling 10:00 Beginning Bridge 10:30 Yoga 12:30 Movie—"Unbroken" 12:30 Bridge 1:00 SALT/TRIAD 1:00 MPTC Basic Excel 5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group	25 9:00 Friends Board 10:00 Red Hat Chorus 10:00 Mary Jo Neumann Exercise Demo 12:30 Wii Bowling 1:00 Writers Group 1:15 Sheephead 2:00 Soul Collage Class 26 Saturday 27 Sunday
28 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:00 MPTC Computer Basics 3 1:00 German Club 1:00 Poker 1:00 Euchre 1:15 Sheephead 4:00 TOPS #1159 Packer Day-Wear your Green & Gold	8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 Skat 9:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 12:30 Bridge 1:00 Bingo 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 7:00 Senior Dining-Schmitt's	8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 Apple iPad Basics II 9:00 MPTC Intro to Twitter 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:15 Sheephead 7:30 Wed Night Dance	<div> <h3>LET'S DO LUNCH!</h3> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Thursday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is Senior Dining required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</p>  <p>Fellowship, Food & Fun</p> </div>	

Classes

WE'VE GOT CLASS! REGISTER NOW!



MORaine
PARK
TECHNICAL COLLEGE



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 2

103-485-20138	M, W	Sept 9, 14, 16, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$36.60
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

COMPUTER BASICS 3

103-490-20156	M, W	Sept 21, 23, 28, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$36.60
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

BASIC MICROSOFT EXCEL

103-453-20144	R	Sept 10, 17, 24, 2015	3 days	1:00-4:00 p.m.	9 hours	K. Beaman	\$4.50	\$36.60
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions onto a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Textbook recommended

PINTEREST INTERESTS

103-670-21389	T	Sept 22, 2015	1 day	9:00 a.m.—Noon	3 hours	A. Mielke	\$20.55	\$25.90
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Pinterest is a virtual online pin board that is a fun way to discover new things and get inspiration from people who share your interests. Find, share, and organize events, home decorating projects, recipes, crafts, inspirational quotes and more. This course is designed for beginning users as well as those who already have a Pinterest account.

APPLE IPAD BASICS

103-611-21448	W	Sept. 23, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
103-611-20325	W	Oct 21, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90

Explore the basic functions and features of iPads. Learn the various uses for an iPad and what this tablet device can offer to you. This class is intended for people wanting to learn about the iPad and also for beginner users. Bring your iPad to class.

APPLE iPad BASICS II

103-613-21446	W	Sept. 30, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90
103-613-20224	W	Oct 28, 2015	1 day	9:00 a.m.—noon	3 hours	A. Mielke	\$20.55	\$25.90

Boost the usage of your iPad by expanding on the information you learned in the Apple iPad Basics course. This class is a continuation of the first course and will take you deeper into the iPad while reinforcing the things you have had a chance to practice. Bring your iPad to class.

INTRODUCTION TO TWITTER

103-683-21447	W	Sept. 30, 2015	1 day	9:00 –11:00 a.m.	2 hours	S. Markfort	\$12.53	\$15.20
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You see it everywhere: on television, in commercials and on websites. But what is a hashtag? This class will walk you through the basics of Twitter from setting up an account, making a “tweet,” learning how to “follow” someone and, finally, getting your own followers. Other topics will include how to link Twitter to your Facebook account, using Twitter for fun and business, and alternatives to the standard Twitter interface.

Which Smart Phone is Right for You

103-665-21445	T	Oct 13, 2015	1 day	1:00—3:00 p.m.	2hours	S. Markfort	\$12.53	\$15.20
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iPhone or Android? With so many smart phone manufacturers, it can be difficult to know which one will meet your needs. In this demo class, we will compare the features of the top brands on the market and determine which is right for you.

FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income
No Asset Limitations**

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

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Art & Recreation Classes

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting	Tuesdays	10–noon	4	\$16
September 1, 15, 22, 29; October 6, 13, 20, 27				
Drawing & Watercolor	Tuesdays	1-3 p.m.	4	\$16
September 1, 15, 22, 29; October 6, 13, 20, 27				
Mixed Media	Tuesdays	3-4:30 p.m.	4	\$16
September 1, 15, 22, 29; October 6, 13, 20, 27				
Country Line Dancing	Thursdays	6–7:30 pm	4	\$10
September 3, 10, 17, 24; October 1, 8, 15, 22				
Beg. Country Line Dancing	Saturdays	10:00-11:30 am–Sept	3	\$7.50
September 5, 12, 19; October 3, 10, 24				
Open Sewing Lab	Wednesdays	3:30–6:30 p.m.	5	\$15
October 7, 14, 21, Nov. 4, 11				
Singing	Tuesdays	10-11 a.m.	6	\$25
September 8, 15, 22, 29, October 6, 13; November 3, 10, 17, 24, December 1, 8				



Keep up with Senior Center news and activities, like us on Facebook!

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*INFORMATION ABOUT ELDER ABUSE/NEGLECT

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Announcements

Senior Dining



Fellowship, Food & Fun

September 2015

Fond du Lac County Senior Dining

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Thursday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. **Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.**

- Tuesday, September 1: Lasagna Casserole
- Wednesday, September 2: Chopped Steak in Burgundy Mushroom Sauce
- Thursday, September 3: Hawaiian Meatballs
- Monday, September 7: Closed for Labor Day
- Tuesday, September 8: Roast Turkey
- Wednesday, September 9: Beef Stroganoff Casserole
- Thursday, September 10: Mushroom Pork Cutlet
- Monday, September 14: Beef Stew
- Tuesday, September 15: Bratwurst on a Bun
- Wednesday, September 16: Baked Chicken
- Thursday, September 17: Crispy Fish Fillet
- Monday, September 21: Pork Jaegerschnitzel
- Tuesday, September 22: Chicken Cacciatore
- Wednesday, September 23: Salisbury Steak
- Thursday, September 24: Chicken Broccoli and Rice Casserole
- Monday, September 28: Chili Casserole
- Tuesday, September 29: Baked Chicken
- Wednesday, September 30: Meatloaf

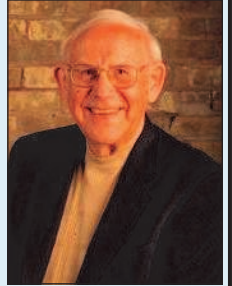
Note: At this time, meals are not served on Fridays at the Senior Center.



AARP MEETING

Thursday, September 17; 1:30 p.m.
Speaker: Dr. Darold Treffert, MD

Renowned speaker Dr. Darold Treffert, MD will join us at our September AARP meeting. Dr. Treffert is a psychiatrist who specializes in autism spectrum disorders and savant syndrome. This meeting is free and open to the public.



AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public—all ages welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.

TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, September 24

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

S.C.A.C. MEETING

(Senior Citizens Advisory Committee)

Friday, September 18; 8:30 a.m.

The public is welcome to attend!

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on aging.

Classes

BEGINNING YOGA

Thursdays, Oct. 22, 29, Nov. 5,
12, 19, Dec. 3
10:30—11:30 a.m.

Introduces students to all the essentials of yoga. Practice breathing techniques, stretches, and posture. Please bring a yoga mat or blanket.

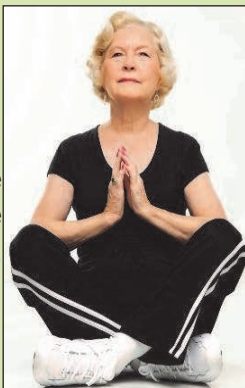
Instructor: Jeanie McDowell

Cost for the 6-week session:

Age 62 or over—\$28.58, under 62—\$36.60

Course #: 807-600-21236

Register at Moraine Park Technical College in person or call 922-8611 (ask for the registration desk). You will need the course number when you call. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes held at the Senior Center.



Singing Class "Express Yourself in Music"

Two sessions:

Tuesdays, Sept. 8, 15, 22, 29,
Oct. 6, 13 or

Nov. 3, 10, 17, 24, Dec. 1, 8

10:00—11:00 a.m.


Cost: \$25/6 week session

The Singing Class is offered by voice teacher Kathryn Staley-Hamm. Class is aimed at raising the level of your individual singing talent in a group setting. With this basic singing approach technique, you can learn to improve your talent and have fun experiencing different styles of music. Developing your voice can give you the confidence and the opportunity to share your gift with others.

For more information view Kathryn's website www.purevoice.us

To register for this upcoming session, call the Senior Center at 322-3630.





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Mary Schneider, Travel Coordinator **Call 322-3635**

Friends membership is required to travel with the Happy Travelers.
Membership is \$10 for a single and \$15 for a couple.

If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.

Reminder: Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.

Upcoming Trips

Join us for these upcoming trips!

- West Side Story, Fireside Theatre
Wednesday, October 7; \$95 (lunch included)
- Keshena Casino, Dinner at Jim & Linda's (included)
Thursday, October 29; \$54
- Dancing Horses/Birds Holiday Show
Wednesday, November 18; \$90 (lunch included)
- Oneida Casino
Mystery restaurant (dinner included)
Tuesday, November 24; \$54
- A Wonderful Life, Fireside Theatre
Tuesday, December 15; \$95 (lunch included)

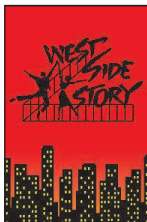


Westside Story

Wednesday, October 7
FIRESIDE, FORT ATKINSON, WI
Includes a delicious meal!

\$95

Westside Story will transport you with its magnificent musical score, its exquisite and exciting dancing, and its heart-warming love story. A tale of love eternal undiminished by the dangers that surround it.



Dancing Horses/Birds Holiday Show

Wednesday, November 18 **\$90**
Lunch Included
Delavan, WI

This dazzling spectacle features an array of horse breeds who perform alongside their trainers. Visually stunning, this show is a must-see for all, but especially for horse lovers.



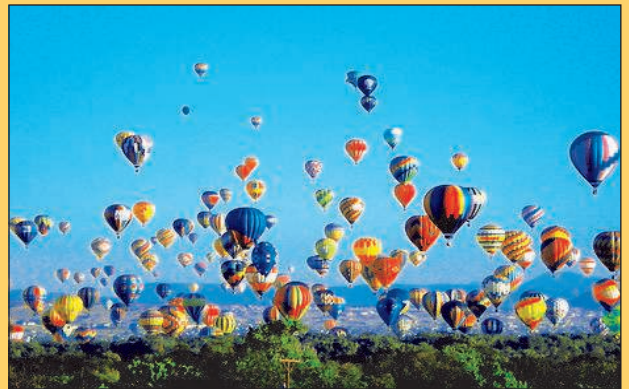
Albuquerque Balloon Fiesta

October 4–9, 2016

Trip Preview

Thursday, September 3; 2:00 p.m.

Register for this trip preview at the front desk or call 322-3630.



Come visit "the land of enchantment"! Albuquerque and Santa Fe are a wonderful blend of multiculturalism, natural beauty and history. One of the highlights of our trip will be the Albuquerque International Balloon Fiesta. It's one of the most photographed events and a spectacular display of sound and color. Other trip highlights include:

- Old Town Albuquerque
- National Museum of Nuclear Science & History
- Indian Pueblo Cultural Center
- Turquoise Trail
- Santa Fe
- Santa Fe School of Cooking
- There's too much to list here; come to the preview to learn more!

\$2,599 per person double occupancy

Happy Travelers

Be a Happy Traveler... *We're going places!*

HOLLAND AND BELGIUM WATERWAYS TULIP TIME RIVER CRUISE

March 26—April 3, 2016



Trip Preview

Thursday, September 17; 1:00 p.m.

Sign up at the front desk or call 322-3630.



Explore the amazing countryside and waterways of Holland and Belgium by cruising through the extensive network of rivers and canals throughout the country. Glide past infinite tulip fields and enjoy picturesque towns and scenery as you travel through Holland and into Belgium on this amazing vacation adventure with Central Holidays aboard the luxurious "MV Silver II".

Highlights include:

- Excursions in Amsterdam
- Ghent
- Antwerp
- Tour of Keukenhof Gardens.

For more details contact Mary in the Happy Travelers office at 322-3635.

From **\$3,999** air & cruise. Hurry, at this price the trip will sell out quickly!

COLORADO RAIL ADVENTURE

September 8—16, 2016

Trip Preview

Friday, October 16; 10:00 a.m.

Register for this trip preview at the front desk or call 322-3630.



Explore the Colorado Rockies aboard standard and narrow gauge railways reaching summits of more than 14,000 feet! Your trip includes:

- Airport transfers in Denver
- Hotel accommodations for 8 nights including pre-night hotel stay in Denver
- 14 meals
- Rail excursions aboard the Georgetown Loop Railroad, Pike's Peak Cog Railway, Durango, Silverton Narrow Gauge Railway, Cumbres & Toltec Scenic Railroad, Rio Grande Scenic Railroad, and Royal Gorge Route Railroad
- Garden of the Gods
- Great Sand Dunes National Park
- Transportation by deluxe motorcoach
- Services of professional tour manager
- Baggage handling

\$2,150 per person double occupancy

(land only rate, group airfare and transfers will be added to this price)

Happy Travelers

Be a Happy Traveler... *We're going places!*

SOME OF OUR 2016 TRIPS!

DAY TRIPS:

Deposits will be accepted for trips with a date starting Tuesday, September 1, 2015.

JANUARY 14 - LEGENDS IN CONCERT—*Fireside*

FEBRUARY 10 - THE BAND OF THE ROYAL MARINES and the Pipes, Drums, and Highland Dancers of the Scots Guards—*Fox Cities PAC*


FEBRUARY 14 - FASCHING DINNER & SHOW German Festival-Featuring: Dorf Kapelle Band

FEBRUARY 18 - ONEIDA CASINO & JIM & LINDA'S

MARCH 10 - NORTH STAR CASINO & SCHWARZ'S


MARCH 18 - CHICAGO FLOWER SHOW


APRIL 7 - MOTOWN THE MUSICAL—*Fox Cities PAC*

APRIL - "CHEESEHEADS"—A Happy Traveler's Exclusive 

MAY 12 - SISTER ACT—*Fireside*

MAY - "THE SKY'S THE LIMIT"—A Happy Traveler's Exclusive 

JUNE - "CRUISIN'" - A Happy Traveler's Exclusive 

JULY - "HONOR OUR VETERANS"—A Happy Traveler's Exclusive 

SEPTEMBER 1 - SINGIN' IN THE RAIN—*Fireside*

OCTOBER 13 - NEW MUSICAL (to be announced)—*Fireside*

DECEMBER 15 - FIRESIDE CHRISTMAS —*Fireside*

MORE TRIPS TO COME!


EXTENDED TRIPS:

*JANUARY 28—February 6 - HAWAIIAN ADVENTURE

*MARCH 26—April 3 - HOLLAND & BELGIUM TULIP CRUISE

*APRIL 21—28 - WASHINGTON DC

MAY 17—19 - CHICAGO

AUGUST 22—24 - "SHIPSHEWANA" - A Happy Traveler's Exclusive 

*SEPTEMBER 8—16 - COLORADO RAIL ADVENTURE

*OCTOBER 4—9 - ALBUQUERQUE BALLOON FIESTA

OCTOBER 20—26 - NEW YORK

**Brochures are available for these trips.*

Deposits will be accepted starting September 1, 2015.



Happy Traveler's Exclusive Trip itineraries are created exclusively for Happy Travelers.

Announcements & Services

THIS 'n THAT Craft & Gift Shoppe

Closed for remodeling and inventory. Stay tuned for more information. Kwik Trip Gift Cards and Dine Out Coupon Books are available at the front desk.



Friday and Saturday, September 11th and 12th

- Traditional German Food and Beverages
 - Free Admission and Parking
 - Live Music and Dancing

Across from the Waupun Community Center, Spring St.
www.waupunvolksfest.com

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

WE
ARE
HERE
— TO —
HELP

LARGE PRINT BOOKS NEEDED

Lakeview Place is looking for large print books for their library. If you can help, please drop off your donation at Lakeview Place, 517 Luco Road, FDL.



WANTED TO BORROW:

2 Ice Cream Soda Fountain Stools or 2 Ice Cream Shop Chairs.

Sound Celebration Women's A Capella Chorus is in need of ice cream soda fountain stools or ice cream shop chairs for their show, "Malt Shoppe Melodies" on Friday and Saturday, October 16th and 17th.

If you have 2 stools or chairs we could borrow, please call Pat at 921-0357



DOWNTOWN FOND DU LAC

FARMERS
MARKET

Saturdays May 9—Oct. 31

8:00-Noon, Main Street (Sheboygan to Western)

Wednesdays June 3—Oct. 28

11:00 a.m.—3:00 p.m.

Main Street Plaza

(Main and Sheboygan)

Stop down for fresh Wisconsin-grown produce, plants, flowers, baked goods, meats and cheese. Crafts, arts, pottery, and other hand-made items are also available.

Heartland presents . . .

Movie Group



This group will watch movies with related themes in an effort to reflect and connect with our grief.

Upcoming Movies:

Thursday, October 20th to view "The Bucket List"

Thursday, December 15th to view "Shadowlands"

The movie group starts at 1:30 p.m. at HCR Manor Care, 265 S. National Avenue, Fond du Lac. Our goal is to foster healing and understanding for those who are coping with grief while providing insight and direction. Take this opportunity to meet others, ask questions, or to simply watch and listen.

For more information or to RSVP contact Linda Wein or Dan Krause at 1-800-236-1989.

Heartland 
Enriching life.

2015 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
MAILING ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.
Value: \$50+ Coupons are good January 1—December 31, 2015
and vary in value. This is a **FREE PERK** for ALL Friends members!

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2015 Member ☐ Renewal Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$
☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid

☐ Received Friends Perks Coupon Book
September 2015 Newsletter



Fond du Lac Senior Center

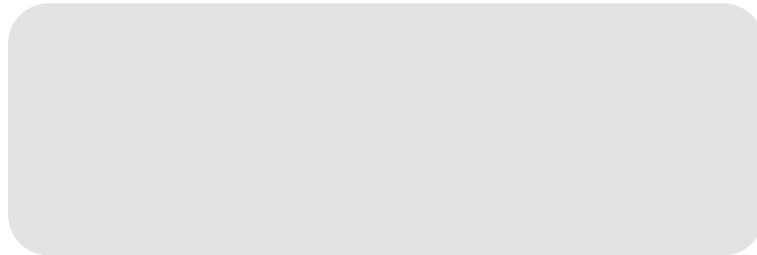
151 E. First Street
Fond du Lac, WI 54935

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ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3630
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

WELLNESS COORDINATOR

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3639

PROGRAM COORDINATOR

Catherine Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

FRIENDS BOARD OF DIRECTORS

*Kate Barr
Joanne Bunkelman
Jerry Gordon
Robert Katzfey
Mary Kind
Vickie Michels
Charlotte Nelson
Wally Seibel
Judi Walters*

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

*Ruth Dauterman
Barbara Lukas, Chair
Councilman Gary Miller
Charlotte Nelson
Ross Purcell
Dave Redman
Jaime Roth
John Silah
Ruth Smith*

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY